

www.creation-generation.org



- Artist and Creative Tutor
- 20 years Art & Design Teaching Experience
- Workshop Facilitator & Trainer
- Community Driven esp. with Intergenerational work

The “One of a Kind” challenge is the eighth project from Creation Generation. This week focuses on good mental health and kindness as it is the national mental health awareness week. Public Health England’s Every Mind Matters campaign, supported by the Duke and Duchess of Cambridge, is also providing tips and advice on how to manage wellbeing during the COVID-19 pandemic. And what better way then to look after yourself and others than taking some time to make some art to give to share. Welcome to Challenge 8!

As with all the challenges, you can scroll through the slides at your leisure and print off templates or the whole presentation if you want to! The Creation Generation artists range from age 2 to 70+ so I have decided to offer varying levels of challenge to you. **Little Uns (beginners)**, **I’ll Give It a Go (intermediate)**, **I’ve Got This (Confident)** and **Master of my Art (Advanced)**. This is a true Intergenerational Community Project. All abilities welcome. **All I ask if that you enjoy yourself and you share with me what you create** by emailing me and/or posting pictures on my FB page: Natasha Rand Creation Generation (like or follow me if you haven’t done so already). It is my intention to collate, collage and create large scale pieces of the art we have created, as a community. Who knows we may even exhibit what we make when this surreal and unsettling time of COVID 19 has passed! Let’s begin..... Let’s Create....Let’s Make Art Together!

Visit www.creation-generation.org – online gallery now available. Past challenges available.

PS Can I ask that you send back the GDPR form I have mailed you or send written email consent giving me permission to share your photos and send you info. Thanks.

“One of a Kind”

Mental Health Awareness Week



Alternative
Visual Arts Education
Inspiring Growth

WHAT MATERIALS DO YOU NEED?

- **Bold colours**
- **Strong black pens**
- **Scissors**
- **White paper**
- **Paint brushes, mark making tools, fingers!**
- **Camera maybe**
- **Anything you want to collage**
- **Sky coloured paint**

“One of a Kind” Creation Generation Challenge 8



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Click
to
← watch
video



Sky
Painting
Video
Tutorial

- *Mosaic heart from a school piece I worked on.
- * Enjoying the sun whilst putting the challenge together



Keith Haring



Gillian Wearing

As always, PLEASE send me photos of your art so I can collate the work for our community show on the other side of this. Sharing is part of our project – its as important as the work created. Enjoy being kind. x Natasha FB page/ Instagram Natasha Rand Creation Generation

Little Uns (beginners)

COLOUR AND PAINT = FREE
FLOW CREATIVITY

NOTHING SPREADS HAPPINESS
LIKE LITTLE ONES CREATIONS.

LET THEM PAINT HAPPINESS
ON A LARGE PAPER. CUT THIS
UP INTO POSTCARD SIZE
PIECES AND SHARE THAT LOVE.

WHEN YOU ALL MEET UP
AGAIN THE PIECES CAN GET
PUT BACK TOGETHER X

**EASY EASY
FIRST TYPE
OF FRIENDSHIP
POSTCARD**



Friendship
ART



5 Steps to Managing Big Emotions



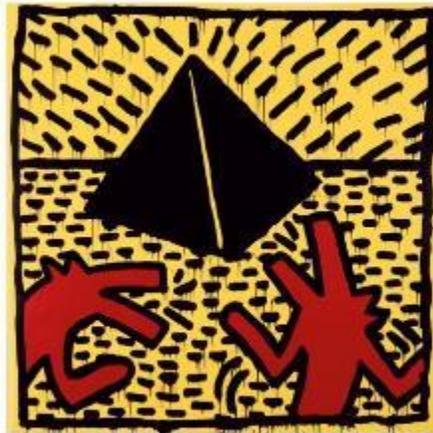
A little helping hand at this uncertain time.



KEITH HARING

WWW.HARING.COM

American artist whose pop art and graffiti-like work grew out of New York street culture from the 1980s. His work is playful, uses simple line and bright colour





KEITH HARING INSPIRED

FRIENDSHIP POSTCARDS



I'LL GIVE IT A GO (INTERMEDIATE)



Take a piece of paper and fold.



Cut the paper into postcards.



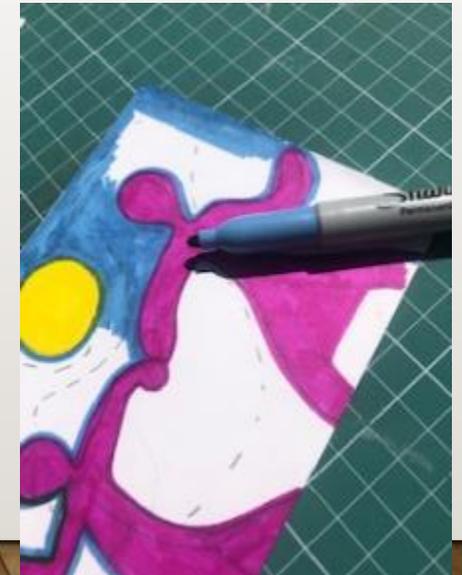
Draw out your stick figures.



Draw an outline around your stick figure.



Colour in your figures.



Look to Haring for ideas for a background.



We thought of kindness slogans to add to our postcards. Now our Keith Haring inspired postcards are ready to send our artwork onto our friends and family who we miss.

Hope you enjoy making your friendship cards. Take a picture of your creation and send it on to Creation Generation before you pass on the kindness x
Thanks



Gillian Wearing CBE, RA (born 1963) is an English conceptual artist, one of the Young British Artists, and winner of the 1997 Turner Prize. In 2007 Wearing was elected as lifetime member of the Royal Academy of Arts in London.

In her piece Signs that say what you want them to say and not Signs that say what someone else wants you to say (1992-1993). Gillian made a series of portraits where she approaches strangers that she encounters on the street and asks them to write what they are thinking about on a white sheet of paper. She enjoyed this method of photographing because "when they returned with something they had written, it challenged her own perception of them".



About Gillian Wearing

Themes of Gillian Wearing's work

[Gillian Wearing](#) has made a successful career as an artist that spans decades from creating candid photos and videos that reveal the disconnect that exists in people's personal and inner lives versus their public personas or what they show the rest of the world. Her works also highlight the disconnect between individuals and their societies, as well as the thin line that exists between truth and fiction.

**IT IS SUCH A SIMPLE IDEA
BUT IT WORKS – ESPECIALLY
IF WE SEND MESSAGES OF
KINDNESS. LET'S LET GILLIAN
WEARING INSPIRE US!**

WE'VE GOT THIS (CONFIDENT)



1. Think of a kind and positive message, which speaks from your heart. We had a great conversation as a family about what we wanted to say.
2. Write out your message **LARGE** on a piece of paper.
3. Take a photo of yourself holding your message.
4. OR draw/collage a picture of yourself with your message.
5. **OPTIONAL**
Print off the picture, send it to a friend, an NHS worker, a teacher, your postman! OR post it up in your window or leave it somewhere on your next walk for someone to find!

OR send it to Creation Generation so it can be posted out to the creative community we have formed! Xxx



MASTER LEVEL INSPIRATIONAL ARTISTS' AND THEIR SKIES.

I would like to introduce some sky gazing mindfulness. Artists have recreated the sky since the dawn of time. I want to encourage you to stop for a few moments and really look up! Capture what you think you see, recreate what you feel. This week, to help – I will be offering a video tutorial. Think of it as mindfulness painting workshop. Look out on FB, Instagram and the website for more details.

<https://www.theguardian.com/culture/2012/mar/11/10-best-skies-art-in-pictures>



▲ John Constable's Study of Clouds. Photograph: Ashmolean Museum, University of Oxford/Bridgeman

John Constable

Study of Clouds (1822) Ashmolean



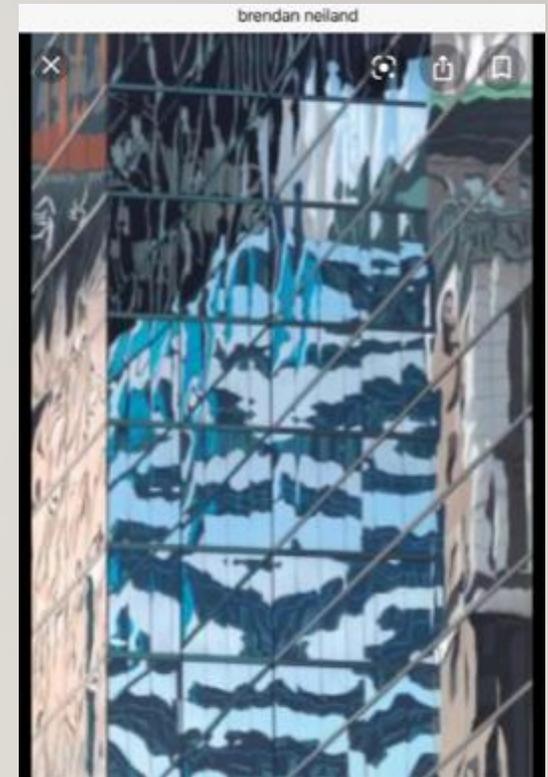
▲ Vincent Van Gogh's Starry Night. Photograph: Rex Features

Vincent van Gogh

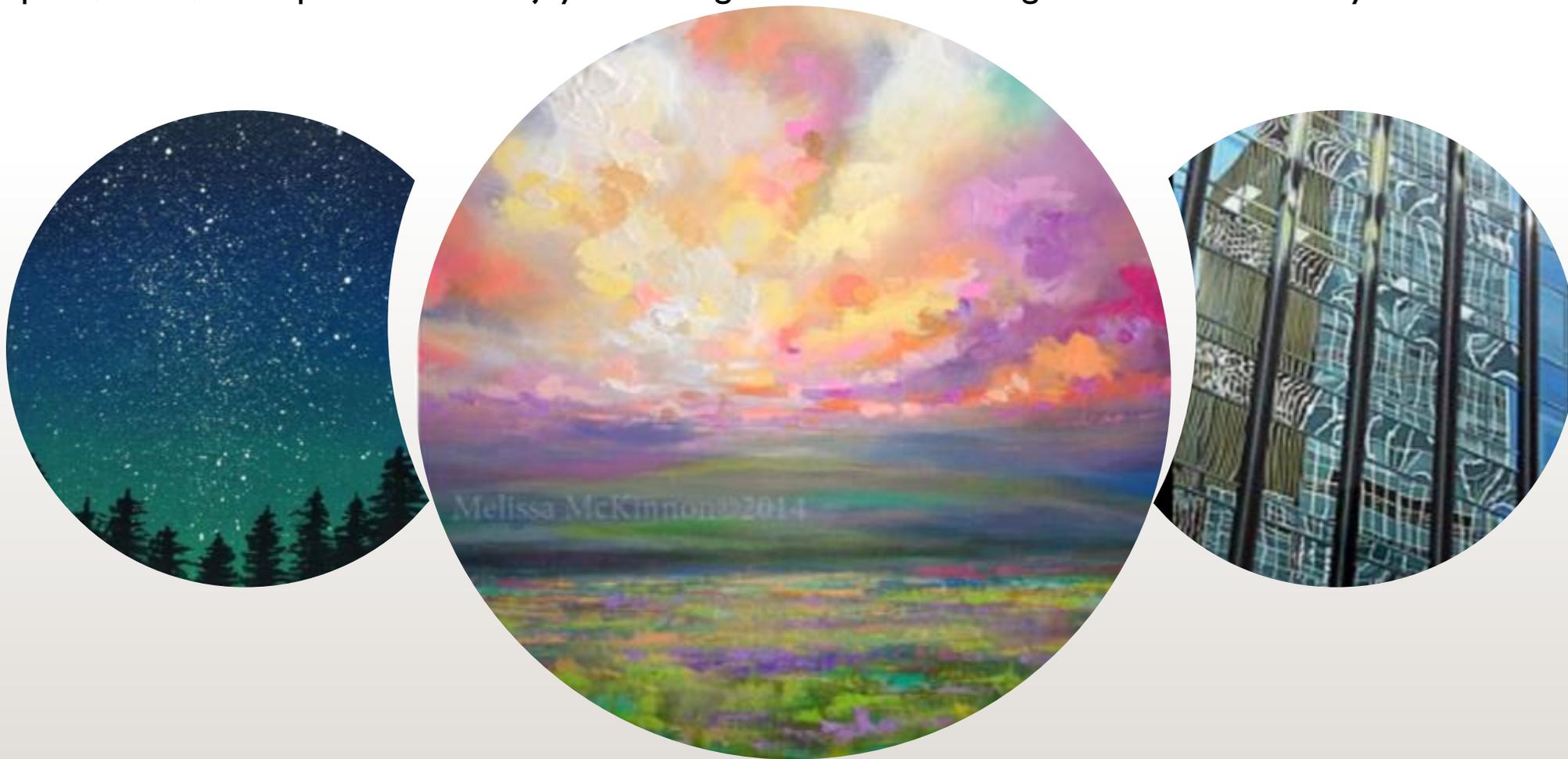
The Starry Night (1889) MoMa, New York



▲ Georgia O'Keeffe's Light Coming on the Plains III. Photograph: Amon Carter Museum of American Art, Fort Worth, Texas.



From starry skies, meadow hues and city reflections the sky offer such a natural palette. Stop and observe. Lie down and enjoy what you see. Then capture your sky image. Photograph or just look up and sketch, paint, blend, make patterns and enjoy a relaxing time whilst creating. Take some time for you.



All you need to join in with the tutorial is some colours, some paper or card, some sky images, (though I will provide some) and space to see the sky. Your enjoyment and my teaching and guidance will do the rest.



My son's
bedroom
ceiling.



Blended acrylic and
chalk on canvas. Easy
when you know how.



Applying colour to create
a beautiful sky is a simple
pleasure.

One I am happy to share
and teach.

This week I will be
sharing a video (maybe
live) tutorial to help you
to create your perfect
piece of blue sky.

Make sure you are
following FB page;
Natasha Rand Creation
Generation. For more
details.

**“One of a Kind”
Mental Health Awareness Week**



CREATION
GENERATION

Please take a photo of your art either with you holding it or hanging up and displayed in your home.

**Then send the picture of your art work to:
Creation Generation as a jpeg as an email attachment to
info@creation-generation.com**

Or

**Post your image on FB page Natasha Rand Creation Generation
Don't forget you can join the on Instagram or visit www.creation-generation.org**

“CIRCLE OF LIFE”

NEXT WEEK CHALLENGE

NEW FORMAT TO CHALLENGES ON THE HORIZON. WATCH THE FB AND WEBSITE FOR NEWS.



CREATION GENERATION

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If you have any questions or queries just get in touch. Take Care. Natasha x